

**WEEK 1**

# **POWERBUILDING**

## **2.0**

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	2	82.5-87.5%	7	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	FRONT SQUAT [OR BOX SQUAT]	0	3	8	N/A	7	3-4 MIN					IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT
	BARBELL BENCH PRESS	4	1	4	80-85%	8.5	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	BARBELL BENCH PRESS	0	2	6	75-80%	7	1-2 MIN					SUBMAXIMAL BENCH PRESS, BE HYPERCRITICAL OF FORM
	WEIGHTED PULL-UP	1	3	4-6	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	GLUTE-HAM RAISE [OR NORDIC HAM CURL]	1	3	6-8	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

FULL BODY 2	DEADLIFT	4	3	4	80%	7	3-5 MIN					TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS
	BARBELL OVERHEAD PRESS	3	4	5	75%	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	BULGARIAN SPLIT SQUAT	1	2 EACH	8-10	N/A	9	2-3 MIN					START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP
	MEADOWS ROW	1	4	12-15	N/A	8	2-3 MIN					BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM
	BARBELL OR EZ BAR CURL	1	3	8-10	N/A	8	1-2 MIN					USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE
	PEC FLYE	1	2	12-15	N/A	8	1-2 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	BACK SQUAT	4	1	6	75-80%	7	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	PIN SQUAT	0	2	4	70%	8	3-4 MIN					SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO
	BARBELL BENCH PRESS	4	1	1	87.5-92.5%	8	3-4 MIN					WORKING TOP SET, BUILD CONFIDENCE WITH HEAVIER LOADS
	BARBELL BENCH PRESS	0	1	5	80%	8	3-4 MIN					FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST
	BARBELL BENCH PRESS	0	1	10	65%	8	3-4 MIN					TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"
	CHIN-UP	1	3	"AMRAP"	N/A	8	3-4 MIN					AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8
	SINGLE-LEG HIP THRUST	0	2	10-12 EACH	N/A	8	1-2 MIN					KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT
	CABLE REVERSE FLYE	0	4	12-15	N/A	8	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!
	STANDING CALF RAISE	0	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

FULL BODY 4	6" BLOCK PULL	4	2	6	90%	9	4-6 MIN					GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.
	PAUSE DB INCLINE PRESS	3	4	6-8	N/A	8	3-4 MIN					3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN
	LEG CURL (CHOICE)	1	3	12-15	N/A	8	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	CHEST-SUPPORTED ROW	1	4	10-12	N/A	8	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	8	1-2 MIN					FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM
	EGYPTIAN LATERAL RAISE	1	4	8-10	N/A	8	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

**WEEK 2**

# **POWERBUILDING**

## **2.0**

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER 1	BACK SQUAT	3	3	4	75-80%	7	3-5 MIN					SUBMAXIMAL SETS, APPROACH THESE SETS WITH CONFIDENCE. FOCUS ON TECHNIQUE
	BARBELL RDL	2	3	10	N/A	6	2-4 MIN					EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING
	UNILATERAL LEG PRESS	1	2 EACH	12-15	N/A	8	1-2 MIN					HIGH AND WIDE FOOT POSITIONING, START WITH YOUR WEAKER LEG
	ECCENTRIC-ACCENTUATED LEG EXTENSION	0	2	10-12	N/A	10	2-3 MIN					4-SECOND LOWERING PHASE
	LEG CURL (CHOICE)	0	2	10/15	N/A	10	2-3 MIN					DROPSET: DO 10 REPS, LOWER THE WEIGHT ~30-50%, DO ANOTHER 15 REPS. USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	STANDING CALF RAISE	1	3	12-15	N/A	8	2-3 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	A1: WEIGHTED CRUNCH	0	3	10-12 EACH	N/A	8	0 MIN					HOLD A PLATE OR DB TO YOUR CHEST AND CRUNCH HARD!
	A2: LONG-LEVER PLANK (OPTIONAL)	0	3	30SEC	N/A	8	1-2 MIN					CONTRACT YOUR GLUTES AND POSITION YOUR ELBOWS UNDER YOUR EYES TO MAKE THE PLANK MORE DIFFICULT

UPPER 1	BARBELL BENCH PRESS	3	2	8	72.5%	7	3-4 MIN					SUBMAXIMAL SETS, FOCUS ON FORM
	WEIGHTED PULL-UP	2	3	4-6	N/A	9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	MACHINE INCLINE PRESS	2	3	10-12	N/A	9	3-4 MIN					SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE.
	SEATED CABLE ROW	2	3	10-12	N/A	9	2-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK
	EGYPTIAN LATERAL RAISE	0	3	8-10(+4+4)	N/A	10	1-2 MIN					DO 8-10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 4 REPS. REST 2-3 SECONDS. DO ANOTHER 4 REPS.
	CONSTANT-TENSION CABLE TRICEPS KICKBACK	0	2	20-30	N/A	10	1-2 MIN					MAINTAIN A CONSISTENT PACE OF 1 SECOND UP AND 1 SECOND DOWN
	HAMMER "CHEAT" CURL	1	3	8-10	N/A	9	1-2 MIN					YOU CAN USE SLIGHT MOMENTUM ON THE CONCENTRIC, BUT CONTROL THE ECCENTRIC WITH YOUR ELBOWS STATIONARY

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)



**WEEK 3**

# **POWERBUILDING**

## **2.0**

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	4	80-85%	7	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	FRONT SQUAT [OR BOX SQUAT]	0	3	8	N/A	7	3-4 MIN					IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT
	BARBELL BENCH PRESS	4	1	2	87.5-90%	8.5	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	BARBELL BENCH PRESS	0	2	4	80-85%	7	1-2 MIN					SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM
	WEIGHTED PULL-UP	1	3	4-6	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	GLUTE-HAM RAISE [OR NORDIC HAM CURL]	1	3	6-8	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

FULL BODY 2	DEADLIFT	4	3	5	80%	7	3-5 MIN					TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS
	BARBELL OVERHEAD PRESS	3	4	6	75%	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	BULGARIAN SPLIT SQUAT	1	2 EACH	8-10	N/A	9	2-3 MIN					START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP
	MEADOWS ROW	1	4	12-15	N/A	8	2-3 MIN					BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM
	BARBELL OR EZ BAR CURL	1	3	8-10	N/A	8	1-2 MIN					USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE
	PEC FLYE	1	2	12-15	N/A	8	1-2 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)



WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	BACK SQUAT	4	1	8	72.5-77.5%	7	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	PIN SQUAT	0	2	5	70%	8	3-4 MIN					SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO
	BARBELL BENCH PRESS	4	1	1	90-95%	8	3-4 MIN					WORKING TOP SET, BUILD CONFIDENCE WITH HEAVIER LOADS
	BARBELL BENCH PRESS	0	1	5	82.5%	8	3-4 MIN					FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST
	BARBELL BENCH PRESS	0	1	12	65%	8	3-4 MIN					TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"
	CHIN-UP	1	3	"AMRAP"	N/A	8	3-4 MIN					AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8
	SINGLE-LEG HIP THRUST	0	2	10-12 EACH	N/A	8	1-2 MIN					KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT
	CABLE REVERSE FLYE	0	4	12-15	N/A	8	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!
	STANDING CALF RAISE	0	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

FULL BODY 4	4" BLOCK PULL	4	2	5	90%	9	4-6 MIN					GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.
	PAUSE DB INCLINE PRESS	3	4	6-8	N/A	8	3-4 MIN					3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN
	LEG CURL (CHOICE)	1	3	12-15	N/A	8	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	CHEST-SUPPORTED ROW	1	4	10-12	N/A	8	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	8	1-2 MIN					FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM
	EGYPTIAN LATERAL RAISE	1	4	8-10	N/A	8	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

**WEEK 4**

# **POWERBUILDING**

## **2.0**





**WEEK 5**

# **POWERBUILDING**

## **2.0**

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	5	80-85%	8	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	FRONT SQUAT [OR BOX SQUAT]	0	3	8	N/A	7	3-4 MIN					IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT
	BARBELL BENCH PRESS	4	1	5	80-85%	8.5	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	BARBELL BENCH PRESS	0	2	2	80-85%	7	2-3 MIN					SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM
	WEIGHTED PULL-UP	1	3	4-6	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	GLUTE-HAM RAISE [OR NORDIC HAM CURL]	1	3	6-8	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

FULL BODY 2	DEADLIFT	4	2	5	82.5%	7	3-5 MIN					TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS
	BARBELL OVERHEAD PRESS	3	4	7	75%	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	BULGARIAN SPLIT SQUAT	1	2 EACH	8-10	N/A	9	2-3 MIN					START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP
	MEADOWS ROW	1	4	12-15	N/A	8	2-3 MIN					BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM
	BARBELL OR EZ BAR CURL	1	3	8-10	N/A	8	1-2 MIN					USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE
	PEC FLYE	1	2	12-15	N/A	8	1-2 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	BACK SQUAT	4	1	10	72.5-77.5%	7	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	PIN SQUAT	0	2	6	70%	8	3-4 MIN					SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO
	BARBELL BENCH PRESS	4	1	1	92.5-97.5%	8.5	3-4 MIN					WORKING TOP SET, BUILD CONFIDENCE WITH HEAVIER LOADS
	BARBELL BENCH PRESS	0	1	6	80%	8	3-4 MIN					FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST
	BARBELL BENCH PRESS	0	1	12	70%	8	3-4 MIN					TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"
	CHIN-UP	1	3	"AMRAP"	N/A	8	3-4 MIN					AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8
	SINGLE-LEG HIP THRUST	0	2	10-12 EACH	N/A	8	1-2 MIN					KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT
	CABLE REVERSE FLYE	0	4	12-15	N/A	8	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!
	STANDING CALF RAISE	0	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
FULL BODY 4	2" BLOCK PULL	4	2	4	90%	9	4-6 MIN					GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.
	PAUSE DB INCLINE PRESS	3	4	6-8	N/A	8	3-4 MIN					3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN
	LEG CURL (CHOICE)	1	3	12-15	N/A	8	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	CHEST-SUPPORTED ROW	1	4	10-12	N/A	8	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	8	1-2 MIN					FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM
	EGYPTIAN LATERAL RAISE	1	4	8-10	N/A	8	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

**WEEK 6**

# **POWERBUILDING**

## **2.0**



WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER 1	BACK SQUAT	3	5	4	75-80%	8	3-5 MIN					SUBMAXIMAL SETS, APPROACH THESE SETS WITH CONFIDENCE. FOCUS ON TECHNIQUE
	BARBELL RDL	2	3	10	N/A	8	2-4 MIN					EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING
	UNILATERAL LEG PRESS	1	2 EACH	12-15	N/A	8	1-2 MIN					HIGH AND WIDE FOOT POSITIONING, START WITH YOUR WEAKER LEG
	ECCENTRIC-ACCENTUATED LEG EXTENSION	0	2	10-12	N/A	10	2-3 MIN					4-SECOND LOWERING PHASE
	LEG CURL (CHOICE)	0	2	10/15	N/A	10	2-3 MIN					DROPSET: DO 10 REPS, LOWER THE WEIGHT ~30-50%, DO ANOTHER 15 REPS. USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	STANDING CALF RAISE	1	3	12-15	N/A	8	2-3 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	A1: WEIGHTED CRUNCH	0	3	10-12 EACH	N/A	8	0 MIN					HOLD A PLATE OR DB TO YOUR CHEST AND CRUNCH HARD!
	A2: LONG-LEVER PLANK (OPTIONAL)	0	3	30 SEC	N/A	8	1-2 MIN					CONTRACT YOUR GLUTES AND POSITION YOUR ELBOWS UNDER YOUR EYES TO MAKE THE PLANK MORE DIFFICULT

UPPER 1	BARBELL BENCH PRESS	3	4	8	72.5%	8	3-4 MIN					SUBMAXIMAL SETS, FOCUS ON FORM
	WEIGHTED PULL-UP	2	3	4-6	N/A	9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	MACHINE INCLINE PRESS	2	3	10-12	N/A	9	3-4 MIN					SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE.
	SEATED CABLE ROW	2	3	10-12	N/A	9	2-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK
	EGYPTIAN LATERAL RAISE	0	3	8-10 (+4+4)	N/A	10	1-2 MIN					DO 8-10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 4 REPS. REST 2-3 SECONDS. DO ANOTHER 4 REPS.
	CONSTANT-TENSION CABLE TRICEPS KICKBACK	0	2	20-30	N/A	10	1-2 MIN					MAINTAIN A CONSISTENT PACE OF 1 SECOND UP AND 1 SECOND DOWN
	HAMMER "CHEAT" CURL	1	3	8-10	N/A	9	1-2 MIN					YOU CAN USE SLIGHT MOMENTUM ON THE CONCENTRIC, BUT CONTROL THE ECCENTRIC WITH YOUR ELBOWS STATIONARY

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER 2	RESET DEADLIFT	4	3	5	80-85%	8	3-5 MIN					STAND UP BETWEEN EACH REP TO WORK ON TECHNUIE
	HACK SQUAT	2	3	12	N/A	8	3-4 MIN					ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS
	SINGLE-LEG HIP THRUST	2	2 EACH	10-12	N/A	9	2-3 MIN					CONTRACT YOUR GLUTES HARD AT THE TOP
	A1: GLUTE-HAM RAISE [OR NORDIC HAM CURL]	0	3	6-8	N/A	9	0 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	A2: PRISONER BACK EXTENSION	0	3	15-20	N/A	9	1-2 MIN					PLACE YOUR HANDS BEHIND YOUR HEAD AND SQUEEZE YOUR GLUTES TO STRAIGHEN YOUR HIPS
	UNILATERAL STANDING CALF RAISE	1	3	8-10	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	L-SIT HOLD	0	3	20-30 SEC	N/A	8	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.

UPPER 2	OMNI-GRIP LAT PULLDOWN	2	3	10-12	N/A	8	2-3 MIN					1 SET WIDE GRIP (OVERHAND), 1 SET MIDDLE GRIP (OVERHAND), 1 SET CLOSE GRIP (UNDERHAND)
	BARBELL OVERHEAD PRESS	3	4	4	77.5-82.5%	8	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	CHEST-SUPPORTED ROW	2	2	10-12	N/A	9	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	CLOSE-GRIP BENCH PRESS	2	3	12	N/A	8	2-3 MIN					TUCK YOUR ELBOWS AGAINST YOUR SIDES MORE THAN YOU WOULD ON STANDARD GRIP BENCH PRESS
	SEATED FACE PULL	0	2	15-20	N/A	9	1-2 MIN					MIND MUSCLE CONNECTION WITH REAR DELTS ON SET 1 (SWEEP THE WEIGHT OUT). MIND MUSCLE CONNECTION WITH MID-TRAPS ON SET 2 (SQUEEZE SHOULDER BLADES HARD).
	DUMBBELL LATERAL RAISE 21S	0	2	7/7/7	N/A	9	1-2 MIN					FIRST 7 REPS: TOP HALF OF ROM, MIDDLE 7 REPS: FULL ROM, LAST 7 REPS: BOTTOM HALF OF ROM
	INCLINE DUMBBELL CURL	0	2	20-30	N/A	9	1-2 MIN					KEEP YOUR ELBOWS LOCKED IN PLACE TO MAINTAIN A STRETCH ON THE BICEPS
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	10/10	N/A	8	1-2 MIN					10 REPS FLEXION (FRONT OF NECK), 10 REPS EXTENSION (BACK OF NECK)

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

**WEEK 7**

# **POWERBUILDING**

## **2.0**

WEEK 7	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	4	3	82.5-87.5%	8	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	BARBELL BENCH PRESS	4	3	8	75%	8	1-2 MIN					SET UP A COMFORTABLE ARCH, QUICK PAUSE ON THE CHEST AND EXPLODE UP ON EACH REP
	WIDE-GRIP LAT PULLDOWN	1	4	6-8	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP. THINK ABOUT PULLING YOUR ELBOWS "DOWN" AND "IN"
	SLIDING LEG CURL	1	2	10-12	N/A	7	1-2 MIN					KEEP YOUR HIPS HIGH, THINK ABOUT "PULLING YOUR HEELS INTO YOUR HIPS"
	WALL SLIDE	0	3	15-20	N/A	7	1-2 MIN					DON'T USE WEIGHT. THESE WILL HELP WITH SHOULDER STABILITY. DON'T SKIP!
FULL BODY 2	OPPOSITE STANCE DEADLIFT	4	3	5	75-80%	8	3-5 MIN					IF YOU NORMALLY PERFORM DEADLIFTS SUMO, PERFORM CONVENTIONAL, AND VICE VERSA. USE YOUR OPPOSITE STANCE ESTIMATED MAX.
	BARBELL OVERHEAD PRESS	3	2	8	N/A	8	2-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	LEG PRESS	1	2	10-12	N/A	7	2-3 MIN					IF YOU LOW BAR SQUAT, USE A LOW FOOT PLACEMENT. IF YOU HIGH BAR SQUAT, USE A HIGH FOOT PLACEMENT
	SEATED CABLE ROW	1	3	10-12	N/A	9	2-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK
	HAMMER CURL	1	3	15-20	N/A	9	1-2 MIN					GO HEAVY, USE A TINY BIT OF MOMENTUM
	BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK)	1	2	20-30 SEC	N/A	8	1-2 MIN					DO AN ISOMETRIC HOLD WITH DUMBBELLS OR A BARBELL

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 7	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	FRONT SQUAT	3	3	8	N/A	7	3-4 MIN					TRY ADDING WEIGHT TO THE LOAD YOU USED IN WEEK 5
	PAUSE BARBELL BENCH PRESS	3	3	2	87.5%	8	3-4 MIN					GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 2-3 SECOND PAUSE
	WEIGHTED NEUTRAL-GRIP PULL-UP	3	4	4-6	N/A	8	2-3 MIN					PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	LEG CURL (CHOICE)	1	3	12-15	N/A	9	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	PRONE TRAP RAISE	1	3	12-15	N/A	8	1-2 MIN					THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS
	HANGING LEG RAISE	1	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	STANDING CALF RAISE	0	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

FULL BODY 4	1" BLOCK PULL	4	2	4	90%	9	4-6 MIN					THESE WILL START TO FEEL VERY HEAVY. ONLY DO 1 SET IF YOU'RE FEELING VERY FATIGUED FROM IT
	DIP	3	3	8-10	N/A	7	3-4 MIN					ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.
	ONE-ARM ROW	1	3	10-12 EACH	N/A	8	2-3 MIN					CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.
	TRICEPS PRESSDOWN 2IS	1	3	7/7/7	N/A	8	1-2 MIN					FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM
	DB LATERAL RAISE	1	3	15-20	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR DELTS

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

**WEEK 8**

# **POWERBUILDING**

## **2.0**

SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND PREPARE FOR THE NEXT 4 WEEKS!

WEEK 8	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER 1	PIN SQUAT	3	2	4	72.5%	8	3-4 MIN					SET THE PINS TO JUST ABOVE PARALLEL
	BARBELL RDL	2	2	8	N/A	6	3-4 MIN					EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING
	A1: SISSY SQUAT	1	2	10-12	N/A	8	0 MIN					OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS.
	A2: NORDIC HAM CURL	0	2	6-8	N/A	8	2-3 MIN					KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL
	UNILATERAL STANDING CALF RAISE	0	3	10-12 EACH	N/A	8	1-2MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	HIP ABDUCTION	0	3	12-15	N/A	9	1-2 MIN					MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	A1: CABLE CRUNCH (ABS)	0	3	12-15	N/A	8	0 MIN					SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS
	A2: CABLE SHRUG-IN (TRAPS)	0	3	12-15	N/A	8	1-2 MIN					SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: <a href="https://youtu.be/C6SYJDFUQ9I?t=357">HTTPS://YOUTU.BE/C6SYJDFUQ9I?T=357</a>

UPPER 1	LARSEN PRESS	3	3	10	N/A	7	3-4 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. ZERO LEG DRIVE.
	MACHINE CHEST-SUPPORTED ROW	1	3	10-12	N/A	8	2-3 MIN					DROPSET ON THE LAST SET
	MACHINE INCLINE PRESS	2	2	10-12	N/A	8	3-4 MIN					SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE.
	SINGLE-ARM PULLDOWN	2	3	8-10 EACH	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE
	TRICEPS PRESSDOWN	1	3	12-15	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR TRICEPS
	INVERSE ZOTTMAN CURL	0	3	12-15	N/A	8	1-2 MIN					HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC
	LATERAL RAISE (CHOICE)	0	3	15-20	N/A	9	1-2 MIN					CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION.

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 8	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER 2	DEADLIFT	3	2	5	75%	6	3-4 MIN					THESE ARE INTENTIONALLY LIGHT. LOCK IN YOUR TECHNIQUE AND MOVE THE BAR WITH MAX SPEED
	HACK SQUAT	2	2	12	N/A	8	2-3 MIN					ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS
	CABLE PULL-THROUGH	1	2	12-15	N/A	8	1-2 MIN					CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND
	LEG EXTENSION	0	2	15/10	N/A	9	1-2 MIN					DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS.
	UNILATERAL LEG CURL (CHOICE)	0	3	10-12 EACH	N/A	8	1-2 MIN					CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS
	STANDING CALF RAISE	0	3	10-12	N/A	8	1-2 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	L-SIT HOLD	0	2	20-30 SEC	N/A	7	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.

UPPER 2	WEIGHTED ECCENTRIC-OVERLOAD PULL-UP	2	1	5	N/A	8	N/A					JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS.
	ECCENTRIC-ACCENTUATED PULL-UP	0	2	6-8	N/A	8	2-3 MIN					3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED
	BARBELL OVERHEAD PRESS	3	4	4	N/A	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	PENDLAY ROW / BENT OVER ROW	0	3	5/10	N/A	8	1-2 MIN					FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH)
	DEFICIT PUSH-UP	2	1	AMRAP	N/A	8	2-3 MIN					4" DEFICIT. SINK YOUR CHEST DEEP. TRACK YOUR REPS FOR NEXT WEEK.
	BARBELL OR EZ BAR CURL	2	3	10-12	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM
	DUMBBELL LATERAL RAISE ISO-HOLD	0	2	45 SEC	N/A	8	1-2 MIN					HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)



**WEEK 9**

# **POWERBUILDING**

## **2.0**

WEEK 9	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	4	2	85-90%	8	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	BARBELL BENCH PRESS	4	3	6	77.5%	8	1-2 MIN					SET UP A COMFORTABLE ARCH, QUICK PAUSE ON THE CHEST AND EXPLODE UP ON EACH REP
	WIDE-GRIP LAT PULLDOWN	1	4	6-8	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP. THINK ABOUT PULLING YOUR ELBOWS "DOWN" AND "IN"
	SLIDING LEG CURL	1	2	10-12	N/A	7	1-2 MIN					KEEP YOUR HIPS HIGH, THINK ABOUT "PULLING YOUR HEELS INTO YOUR HIPS"
	WALL SLIDE	0	3	15-20	N/A	7	1-2 MIN					DON'T USE WEIGHT. THESE WILL HELP WITH SHOULDER STABILITY. DON'T SKIP!

FULL BODY 2	OPPOSITE STANCE DEADLIFT	4	2	2	75%	8	3-5 MIN					IF YOU NORMALLY PERFORM DEADLIFTS SUMO, PERFORM CONVENTIONAL, AND VICE VERSA. USE YOUR OPPOSITE STANCE ESTIMATED MAX.
	BARBELL OVERHEAD PRESS	3	2	8	N/A	8	2-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	LEG PRESS	1	2	10-12	N/A	7	2-3 MIN					IF YOU LOW BAR SQUAT, USE A LOW FOOT PLACEMENT. IF YOU HIGH BAR SQUAT, USE A HIGH FOOT PLACEMENT
	SEATED CABLE ROW	1	3	10-12	N/A	9	2-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK
	HAMMER CURL	1	3	15-20	N/A	9	1-2 MIN					GO HEAVY, USE A TINY BIT OF MOMENTUM
	BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK)	1	2	20-30 SEC	N/A	8	1-2 MIN					DO AN ISOMETRIC HOLD WITH DUMBBELLS OR A BARBELL

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 9	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	FRONT SQUAT	3	2	8	N/A	6	3-4 MIN					STAY LIGHT, KEEP YOUR TORSO UPRIGHT
	PAUSE BARBELL BENCH PRESS	3	3	2	90%	9	3-4 MIN					GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 2-3 SECOND PAUSE
	WEIGHTED NEUTRAL-GRIP PULL-UP	3	4	4-6	N/A	8	2-3 MIN					PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	LEG CURL (CHOICE)	1	3	12-15	N/A	9	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	PRONE TRAP RAISE	1	3	12-15	N/A	8	1-2 MIN					THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS
	HANGING LEG RAISE	1	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	STANDING CALF RAISE	0	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

FULL BODY 4	DEADLIFT	4	1	AMRAP	90%	9	4-6 MIN					AIM FOR A PR FOR 3-6 REPS
	DIP	3	3	8-10	N/A	7	3-4 MIN					ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.
	ONE-ARM ROW	1	3	10-12 EACH	N/A	8	2-3 MIN					CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.
	TRICEPS PRESSDOWN 2IS	1	3	7/7/7	N/A	8	1-2 MIN					FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM
	DB LATERAL RAISE	1	3	15-20	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR DELTS

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE [75](#).

**WEEK 10**

# **POWERBUILDING**

## **2.0**

WEEK 10	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER 1	PIN SQUAT	3	2	5	72.5%	8	3-4 MIN					SET THE PINS TO JUST ABOVE PARALLEL
	BARBELL RDL	2	3	10	N/A	9	3-4 MIN					EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING
	A1: SISSY SQUAT	1	3	10-12	N/A	9	0 MIN					OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS.
	A2: NORDIC HAM CURL	0	3	6-8	N/A	9	2-3 MIN					KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL
	UNILATERAL STANDING CALF RAISE	0	3	10-12 EACH	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	HIP ABDUCTION	0	3	12-15	N/A	10	1-2 MIN					MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	A1: CABLE CRUNCH (ABS)	0	3	12-15	N/A	8	0 MIN					SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS
	A2: CABLE SHRUG-IN (TRAPS)	0	3	12-15	N/A	8	1-2 MIN					SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: <a href="https://youtu.be/c6sYJDFUQ9I?t=357">HTTPS://YOUTU.BE/C6SYJDFUQ9I?T=357</a>
UPPER 1	LARSEN PRESS	3	4	10	N/A	7	3-4 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. ZERO LEG DRIVE.
	MACHINE CHEST-SUPPORTED ROW	1	3	10-12	N/A	9	2-3 MIN					DROPSET ON THE LAST SET
	MACHINE INCLINE PRESS	2	3	10-12	N/A	9	3-4 MIN					SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE.
	SINGLE-ARM PULLDOWN	2	3	8-10 EACH	N/A	9	1-2 MIN					START WITH YOUR WEAKER SIDE
	TRICEPS PRESSDOWN	1	3	12-15	N/A	9	1-2 MIN					FOCUS ON CONTRACTING YOUR TRICEPS
	INVERSE ZOTTMAN CURL	0	3	12-15	N/A	9	1-2 MIN					HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC
	LATERAL RAISE (CHOICE)	0	3	15-20	N/A	10	1-2 MIN					CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION.

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 10	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER 2	DEADLIFT	3	2	6	75-80%	7	3-4 MIN					USE THIS AS A TIME TO PERFECT YOUR FORM
	HACK SQUAT	2	3	12	N/A	8	2-3 MIN					ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS
	CABLE PULL-THROUGH	1	3	12-15	N/A	8	1-2 MIN					CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND
	LEG EXTENSION	0	2	15/10	N/A	10	1-2 MIN					DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS.
	UNILATERAL LEG CURL (CHOICE)	0	3	10-12 EACH	N/A	8	1-2 MIN					CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS
	STANDING CALF RAISE	0	3	10-12	N/A	8	1-2 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	L-SIT HOLD	0	3	20-30 SEC	N/A	7	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.
UPPER 2	WEIGHTED ECCENTRIC-OVERLOAD PULL-UP	2	1	5	N/A	9	N/A					JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS.
	ECCENTRIC-ACCENTUATED PULL-UP	0	2	6-8	N/A	9	2-3 MIN					3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED
	BARBELL OVERHEAD PRESS	3	4	5	N/A	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	PENDLAY ROW / BENT OVER ROW	0	3	5/10	N/A	9	1-2 MIN					FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH)
	DEFICIT PUSH-UP	2	2	AMRAP	N/A	9	2-3 MIN					4" DEFICIT. SINK YOUR CHEST DEEP. BEAT YOUR REPS FROM LAST WEEK.
	BARBELL OR EZ BAR CURL	2	3	10-12	N/A	9	1-2 MIN					FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM
	DUMBBELL LATERAL RAISE ISO-HOLD	0	2	45 SEC	N/A	8	1-2 MIN					HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

**WEEK 11**

# **POWERBUILDING**

## **2.0**





WEEK 11	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	FRONT SQUAT	3	2	8	N/A	6	3-4 MIN					STAY LIGHT, KEEP YOUR TORSO UPRIGHT
	PAUSE BARBELL BENCH PRESS	3	3	1	92.5%	9	3-4 MIN					GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 1-2 SECOND PAUSE
	WEIGHTED NEUTRAL-GRIP PULL-UP	3	4	4-6	N/A	8	2-3 MIN					PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	LEG CURL (CHOICE)	1	3	12-15	N/A	9	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	PRONE TRAP RAISE	1	3	12-15	N/A	8	1-2 MIN					THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS
	HANGING LEG RAISE	1	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	STANDING CALF RAISE	0	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

FULL BODY 4	DEADLIFT	4	3	3	85%	8	4-6 MIN					PULL THE SLACK OUT OF THE BAR BEFORE LIFTING, TAKE YOUR TIME WITH THE SET UP
	DIP	3	3	8-10	N/A	7	3-4 MIN					ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.
	ONE-ARM ROW	1	3	10-12 EACH	N/A	8	2-3 MIN					CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.
	TRICEPS PRESSDOWN 2IS	1	3	7/7/7	N/A	8	1-2 MIN					FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM
	DB LATERAL RAISE	1	3	15-20	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR DELTS

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

**WEEK 12**

# **POWERBUILDING**

## **2.0**



WEEK 12	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER 2	DEADLIFT	3	2	6	75-82.5%	7	3-4 MIN					PULL THE SLACK OUT OF THE BAR BEFORE LIFTING, TAKE YOUR TIME WITH THE SET UP
	HACK SQUAT	2	3	12	N/A	8	2-3 MIN					ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS
	CABLE PULL-THROUGH	1	3	12-15	N/A	8	1-2 MIN					CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND
	LEG EXTENSION	0	2	15/10	N/A	10	1-2 MIN					DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS.
	UNILATERAL LEG CURL (CHOICE)	0	3	10-12EACH	N/A	8	1-2 MIN					CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS
	STANDING CALF RAISE	0	3	10-12	N/A	8	1-2 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	L-SIT HOLD	0	3	20-30 SEC	N/A	7	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.

UPPER 2	WEIGHTED ECCENTRIC-OVERLOAD PULL-UP	2	1	5	N/A	9	N/A					JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS.
	ECCENTRIC-ACCENTUATED PULL-UP	0	2	6-8	N/A	9	2-3 MIN					3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED
	BARBELL OVERHEAD PRESS	3	4	6	N/A	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	PENDLAY ROW / BENT OVER ROW	0	3	5/10	N/A	9	1-2 MIN					FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH)
	DEFICIT PUSH-UP	2	2	AMRAP	N/A	9	2-3 MIN					4" DEFICIT. SINK YOUR CHEST DEEP. BEAT YOUR REPS FROM LAST WEEK.
	BARBELL OR EZ BAR CURL	2	3	10-12	N/A	9	1-2 MIN					FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM
	DUMBBELL LATERAL RAISE ISO-HOLD	0	2	45 SEC	N/A	8	1-2 MIN					HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED

THERE IS NO FORMAL MAX TEST AT THE END OF THIS PROGRAM. POWERBUILDING PHASE 3 WILL BEGIN WITH AN INTRO/DELOAD WEEK AND WILL END WITH A FINAL MAX TEST FOR THE BIG 3 LIFTS.

MANDATORY REST DAY